



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Fitness Club

### Contact Information

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### Program Information

<b>Program Name</b>
Fitness Club
<b>Program Category</b>
Activities done outside of PE class time for additional credit
<b>Grade Level</b>
Elementary School (K-2)
<b>Assessment Method</b>
[No Answer Entered]

## Program Information

### Products Developed or Materials Used:

[No Answer Entered]

### Program Description:

An afterschool fitness program that offers added physical activity. Nutrition, bones and musculature are discussed in greater detail as well as somewhat intensified exercise.

## A Wisconsin Physical Education Program

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at:

[Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us)

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